




# HEALTHY FUEL FOR HEALTHY ATHLETES



## BEFORE

### 3+ Hours Before

 Healthy meal or snack that includes whole grains, fruits, and vegetables to fuel muscles.


 Water

### 30-60 Minutes Before

 Fruits like bananas, clementines, or apples

 Water

#### Ideas for 3+ hours before:

-  Tuna or turkey sandwich with carrots
- Peanut butter & banana sandwich
- Eggs & whole wheat toast with melon slices

Avoid eating fried or fatty fast foods. These foods take a long time to digest, using energy your muscles need to help you perform your best, and potentially causing stomach cramps.

## DURING


### Practice or Between Performances



Fruit, if needed

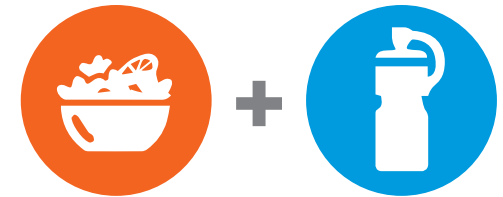
Water (sports drinks aren't recommended)

#### Ideas for during practice:

-  Orange or apple slices, melon, grapes, sugar snap peas, pepper strips

## AFTER


### Recovery or Cool Down



Healthy meal or snack within one hour after

Water


#### Ideas for recovery:

-  Fruit smoothie
- Hummus & carrots or cucumber
- Yogurt with banana or granola

Save the treats for a special occasion! Eat healthy foods that will replenish muscles and help you stay energized for your next activity.

## Competition Days:

 **Less than 1 hour before the next performance?** Have a fruit or vegetable as a snack like a banana, apple, or carrot sticks.

 **2 hours or more between performances?** Pack a healthy meal that includes fruits, vegetables, and whole grains and skip the concession stand treats. You can also help your concession stand introduce healthier options. Contact [HealthyKidsOutOfSchool@tufts.edu](mailto:HealthyKidsOutOfSchool@tufts.edu) to learn more.

Visit [www.CoachingHealthyHabits.org](http://www.CoachingHealthyHabits.org) for additional resources

